



Iowa Child and Adult Care Food Program Foods for Infants November 2002

This guidance is to provide additional information to centers and Home Sponsors participating in the Child and Adult Care Food Program (CACFP) regarding what foods may or may not be counted as reimbursable when feeding infants and claiming infant meals for CACFP reimbursement.

Reword the following paragraph:

Care providers are expected to communicate with parents/guardians to determine which foods infants have tried and if there has been an allergic reaction before serving them a new food item in the child care center or child care home. Only one new food should be introduced at a time followed by several days to determine if there has been a reaction to the new food. Any additional foods to be served to infants must be carefully examined for their appropriateness of consistency for the infant's developmental abilities as well as for nutrient content to provide the necessary nutrients and calories for infant growth. Conversations with the parents/guardians are important to determine what foods have been introduced to the infant and the infant's food needs.

Add something about choking?

Food labels must be read carefully to determine what additional ingredients are in the commercial food or in the recipe and if these ingredients may represent a health hazard to the infant.

The food components are described in this document. Within each component, the reimbursable and the non-reimbursable foods are identified.

Reimbursable foods are foods that count toward fulfilling the component requirements for a reimbursable infant meal. Child care providers are required to provide the minimum serving size as identified on the CACFP Infant Meal Pattern Requirements Chart. Infants are not required to consume the serving size offered to them.

Non-reimbursable or "other" foods are those foods that are not reimbursable because they do not fulfill the infant food component requirements. When these foods are used to fulfill the food requirement, the meal served to the infant must not be claimed for CACFP reimbursement.

Breast Milk:

- ♦ Meals including only breast milk may be reimbursed if fed by the care provider (expressed milk). If the mother comes to the child care center or child care home to nurse the infant, the meal would not be reimbursable unless the care provider serves another component item according to the CACFP Infant Meal Pattern guidelines.
- ♦ Breast milk is allowed to be served in place of fluid cow's milk to children 12 months and older (specifically 1 to 2 years of age). (FNS Instruction 783-7, October 4, 1994)
- ♦ Home Providers who are breastfeeding their infants may claim the meal if other non-residential children are served the same meal.

Infant Formulas:

- ♦ Infant Formula means: "any iron-fortified infant formula, intended for dietary use as a sole source of foods for normal, healthy infants served in liquid state at manufacturer's recommended dilution."

- ♦ Iron-fortified infant formula is defined by the Food and Drug Administration (FDA) as a product “which contains 1 milligram or more of iron in a quantity of product that supplies 100 kilo-calories when prepared in accordance with label directions for infant consumption.” The number of milligrams of iron per 100 kilo-calories of formula is on the nutrition label of the infant formulas.

Part A: Iron-fortified Infant Formulas that Do not Require Medical Statements in the Child Nutrition Programs (as of June 12, 2002):

Although a **medical statement is not required for the following iron-fortified infant formulas**, child care providers should only provide an infant with the formula recommended to the infant’s parent/guardian by the infant’s health care provider.

1. Milk-based Infant Formulas:

Carnation Good Start

Enfamil with Iron

Enfamil AR

Enfamil Lactofree

Similac with Iron

Similac Lactose Free with Iron

Similac Advance

Enfamil Lipil

Gentle Moments Infant Formula (sold through Wal-Mart)

Kirkland Signature Infant Formula with Iron (sold through Costco)

Wyeth-produced Private Label Store Brand Milk-based Infant Formulas:

- Alberston’s Baby Basics Infant Formula Powder (sold through a variety of stores)
- Aldi Nanny’s Infant Formula Powder
- Amway Kozy Kids Infant Formula Powder
- Babymil Infant Formula Powder (sold through a variety of stores)
- CVS Infant Formula Powder
- Eckerd Infant Formula Powder
- Good Sense Infant Formula Powder
- Hill Country Fare Infant Formula (sold through H.E. Butt or H-E-B)
- K-Mart Little Ones Infant Formula Powder
- Kroger Comforts Infant Formula Powder
- Meijer Infant Formula Powder
- Parents’ Choice Infant Formula (sold through Wal-Mart, in powder, concentrated liquid, and ready-to-feed 8 ounce can forms)
- Perfect Choice Infant Formula Powder (sold through Ralph’s and Fred Meyer)
- Safeway Select Infant Formula (sold through a variety of stores)
- Shop Rite Infant Formula Powder
- Target Healthy Baby Infant Formula Powder
- Topoco Infant Formula Powder (sold through a variety of stores)
- Walgreen’s Infant Formula Powder
- Wegman’s Infant Formula Powder

2. Soy-based Infant Formulas:

Carnation Alsoy

Isomil

ProSobee

Gentle Moments Soy Infant Formula (sold through Wal-Mart)

Wyeth-produced Private Label Store Brand Soy-based Infant Formulas:

- Albertson’s Baby Basics Soy Infant Formula Powder (sold through a variety of stores)
- Babysoy Soy Protein Infant Formula Powder (sold through a variety of stores)
- CVS Soy Infant Formula Powder
- Good Sense Infant Soy Formula Powder
- Hill Country Fare Soy Infant Formula (sold through H.E. Butt or H-E-B)
- K-Mart Little Ones Soy Infant Formula Powder
- Kroger Comforts Soy Infant Formula
- Meijer Soy Protein Infant Formula Powder
- Parents’ Choice Soy Infant Formula (sold through Wal-Mart, in powder, concentrated liquid and ready-to-feed 8 ounces can forms)
- Perfect Choice Soy Protein Infant Formula (sold through Ralph’s and Fred Meyer)
- Safeway Select Soy Infant Formula (sold through a variety of stores)

- Shop Rite Soy Infant Formula Powder
- Target Healthy Baby Soy Infant Formula Powder
- Topco Soy Infant Formula Powder (sold through a variety of stores)
- Walgreen's Soy Infant Formula Powder
- Wegman's Soy Infant Formula

Part B: "Follow-up" Iron-fortified Formulas that Do Not Require Medical Statements When They are Served to Infants at the Ages Indicated:

When served to infants 4 months and older:

These types of formulas do not require medical statements when they are served to infants 4 months of age or older. (**NOTE:** A medical statement is required if any of them is served to infants less than 4 months of age.):

1. Carnation Follow-up Formula (milk-based) – This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.
2. Carnation Follow-up Soy Formula (soy-based) – This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.
3. Gentle Moments 2 Infant Formula with Iron (milk-based, sold through Wal-Mart) - This formula is designed for infants 4 months and older as the infant grows and adjusts to solid foods.
4. Wyeth-produced Private Label Store Brand "Follow-on" Infant Formulas – These types of formulas are designed for infants 4 months and older and are intended to replace traditional starter formula when an infant is eating cereal and other baby foods. They are not intended to replace breast milk. These formulas have been specially formulated for use as a supplement to the solid food portion of the older infant's diet:
 - ◆ Albertson's Baby Basics 2 Follow-on Infant Formula Powder (sold through a variety of stores)
 - ◆ Hill Country Fare 2 Follow-on Infant Formula (sold through H.E. Butt or H-E-B)
 - ◆ Kroger Comforts 2 Follow-on Infant Formula Powder
 - ◆ Parents' Choice 2 Follow-on Infant Formula (sold through Wal-Mart)
 - ◆ Safeway Select 2 Follow-on Infant Formula (sold through a variety of stores)
 - ◆ Target Healthy Baby Formula for Older Infants
 - ◆ Wegman's 2 Follow-on Infant Formula

When served to infants 6 months and older:

These types of formulas do not require medical statements when they are served to infants 6 months of age or older. (**NOTE:** A medical statement is required if any of them is served to infants less than 6 months of age.):

1. Enfamil Next Step Toddler Formula (milk-based) – This formula is designed as an alternative to cow's milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not being marketed as an alternative to "Enfamil with Iron" or other iron-fortified infant formulas which are designed for infants birth to 12 months of age.
2. Enfamil Next Step Soy Toddler Formula (soy-based) – This formula is designed as an alternative to cow's milk for the toddler with milk sensitivities.
3. Ross Similac 2 Toddler Formula (milk-based) – This formula is designed as an alternative to cow's milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to "Enfamil with Iron" or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.
4. Ross Isomil 2 Soy Toddler Formula (soy-based) – This formula is designed as an alternative to cow's milk for the toddler with milk sensitivities.

Non-reimbursable foods for infants include but are not limited to:

Buttermilk
Custard
Custard, Baby
Cream soups
Evaporated Cow's Milk or home prepared Evaporated Cow's Milk Formula
Formula, Low Iron (only if medical exception)
Goat's Milk
Ice Cream
Imitation Milk including those made from rice or nuts (such as almonds or nondairy creamer)
Milk, Cow's
Milk, Raw

Milk, 1%
Milk, 2%
Milk, Skim
Milk, Whole
Milk with uncooked or undercooked egg
Reconstituted Dry Milk
Pudding
Pudding, Baby
Soy Milk, usually called soy beverage
Sweetened Condensed Milk
Yogurt

Fruits and Vegetables:

- ◆ Fruits and vegetables can be a commercial product or home prepared baby food.
- ◆ The fruit or vegetable must be the first ingredient in the ingredient listing for a commercial product.
- ◆ If the product has multiple fruits or vegetables, the fruit or vegetable must be listed as the first ingredient in the ingredient listing. Check with the parent/guardian to see if the infant has been introduced to all of the foods listed on the product label.
- ◆ Fruits and vegetables must be of appropriate consistency and texture for the individual infant.
- ◆ Home prepared collard greens, carrots, spinach, turnips, beets should only be served to infants 6 months and older.

Non-reimbursable foods for infants include but are not limited to:

Ades, i.e.: lemonade
Baby Fruit Cobblers
Canned Vegetable Soups
Citrus Fruits (oranges, tangerines, grapefruits, pineapple, tomato juice or foods)
Cream Soups
Creamed Vegetables
Desserts in a jar that lists fruit as the first ingredient
Dry Infant Iron-Fortified Cereals that list fruit as the first ingredient
Dry Infant Iron-Fortified Cereals with fruit
Fruits, Raw??
Fruit Drinks
Fruit in a jar with water as the first ingredient
Fruit Juice Blends??
Fruit Juice with Yogurt
Fruit Punch??
Fruit flavored Powders and Syrup
Home Canned Fruit or Vegetable Juices
Home Canned Fruits or Vegetables
Jarred Infant Iron-Fortified Cereals that list fruit as the first ingredient ("Wet" cereal)
Juice (only for infants 8-12 months at snack time)
Juice Cocktails
Juice Drinks
Kool-aid
Mixed Fruit Yogurt Dessert
Pudding with Fruit as the first ingredient
Soda Pop
Sticky, sweet foods such as raisins and other dried fruits
Vegetable Juice
Vegetable Juice Blends
Vegetable in a jar with water as the first ingredient

Juices (Snacks for 8 months through 11 months only):

- ◆ Only full-strength, 100% juices (regular or infant) are allowed for the 8 months through 11 months infant at snack time.
- ◆ Juices must be naturally high in or fortified with vitamin C.
- ◆ Juices must be pasteurized.

Non-reimbursable foods for infants include but are not limited to:

Ades, i.e.: lemonade
Citrus Fruits (oranges, tangerines, grapefruits, pineapple, tomato juice or foods)
Fruits
Fruits, Raw
Fruit Drinks
Fruit Juice Blends
Fruit Juice with Yogurt
Fruit Punch??
Fruit flavored Powders and Syrup
Home Canned Fruit or Vegetable Juices
Home Canned Fruits or Vegetables
Juice Cocktails
Juice Drinks
Kool-aid
Soda Pop
Vegetables
Vegetable Juice
Vegetable Juice Blends
Vegetable Soup

Infant Cereals:

- ◆ Infant cereal includes only iron fortified dry cereal designated on the product label as "Cereal for Baby".
- ◆ Infant iron fortified dry mixed cereal is reimbursable if the infant has been previously introduced to the individual grains that make up the mixed cereal.
- ◆ The suggested order of introduction of grains to infants is: rice, oat, then barley. Wait until the infant is 8 months old before introducing wheat.

Non-reimbursable foods for infants include but are not limited to:

Iron Fortified Infant Cereals with Fruit (Dry)
Iron Fortified Infant Cereals with Fruit in a jar (Wet)

Breads and Crackers:

- ◆ Bread and cracker type products must be made from whole-grain or enriched meal or flour.
Bread Products
 - ◆ Breads (white, wheat, whole wheat, French, Italian, and similar breads, all without nuts, seeds, or hard pieces of whole grain kernels)
 - ◆ Biscuits
 - ◆ Bagels (made without nuts, seeds, or hard pieces of whole grain kernels)

- ◆ English muffins
- ◆ Pita bread (white, wheat, whole wheat)
- ◆ Rolls (white, wheat, whole wheat, potato, all without nuts, seeds, or hard pieces of whole grain kernels)
- ◆ Soft tortillas (wheat or corn)

Cracker Products

- ◆ Crackers - saltines, low salt crackers or snack crackers made without nuts, seeds, or hard pieces of whole grain kernels
 - ◆ Graham crackers made without honey
 - ◆ Teething biscuits
- ◆ Read each product ingredient list carefully to determine if there are potential ingredients that may cause allergies or provide additional calories with little nutritional value.
 - ◆ Bread and cracker products must be suitable for use by the infant as finger food.
 - ◆ Select bread and cracker products that are of appropriate texture for the infant's eating abilities.
 - ◆ Whole kernels of cooked rice, barley, and wheat should be mashed or ground before feeding to the infant.

Non-reimbursable foods for infants include but are not limited to:

Baby Cobblers
Bread made with honey
Bread made with seeds, nut pieces or whole grain kernels
Brownies
Cakes, commercial or home made
Cookies, commercial or home made
Corn Grits
Crackers made with honey
Crackers made with seeds, nut pieces or whole grain kernels
Croutons
Doughnuts
Farina, Enriched
Grain Bars
Granola Bars
Honey Graham Crackers
Iron Fortified Infant Cereals with Fruit (Dry)
Iron Fortified Infant Cereals with Fruit in a jar (Wet)
Oatmeal, Regular, Minute, old-fashioned
Pasta – cooked and uncooked noodles, macaroni, spaghetti, etc.
Popcorn
Pretzels
Ready to Eat Cold Cereals for older children or adults
Rolls made with seeds, nut pieces or whole grain kernels
Sweet Pastries, commercial and home made
Sweetened Ready to Eat Cold Cereals for older children and adults
Tapioca

Meat/Meat Alternates (Lunch for 8 months through 11 months only):

- ◆ Meat/meat alternates must be of appropriate consistency and texture for the individual infant.
- ◆ Meat, Fish and Poultry
- ◆ Egg yolk
- ◆ Cooked dry beans or peas
- ◆ Cheese

- ◆ Cottage Cheese
- ◆ Cheese Food or Cheese Spread
- ◆ Gerber 2nd Foods™ Meats
 - Beef and Beef Gravy
 - Chicken and Chicken Gravy
 - Ham and Ham Gravy
 - Lamb and Lamb Gravy
 - Turkey and Turkey Gravy
 - Veal and Veal Gravy

Non-reimbursable foods for infants include but are not limited to:

Baby Food Combination Dinners in a Jar
Baby Food Meat Sticks or "Finger Sticks: (looks like miniature hot dogs)
Bacon
Bologna

Casseroles with Meat – home made??

Cheese Twists???

Combination Dinners
Cured Meats
Dehydrated Dinners
Egg Whites
Fat trimmed from meat
Fish, canned with bones
Fish: shark, swordfish, king mackerel, tilefish
Fish Sticks: Commercial or other commercial breaded or battered fish or seafood products
Fried Meats
Home Canned Meats
Hot Dogs (Frankfurters)
Luncheon Meats
Nuts
Nut Butters, such as Peanut Butter
Raw uncooked eggs
Salami
Sausage
Seeds
Seed Butters
Shellfish: shrimp, lobster, crab, crawfish, scallops, oysters, clams
Skin trimmed from meat
Tofu
Undercooked eggs
Yogurt

Additional Foods:

Non-reimbursable foods for infants include but are not limited to:

Artificial Sweeteners
Candy, any kind (lollipops, candy bars, sweet candies)
Chips, any kind
Chocolate
Cocoa
Coffee
Desserts in Jars
Desserts, commercial and home made
Drinks with artificial sweeteners
Honey
Pepper added to foods
Salt added to foods

- Spices added to foods
- Syrups
- Sweeteners added to foods
- Tea, sweetened and unsweetened